



THE SOURCE

Darlene Sunderman and Rick Kluender Are October "Job Well Done" Recipients

By NRC Employee Recognition Committee

Congratulations to Darlene Sunderman, Food Service Assistant, and Rick Kluender, Electrician, for being selected as the October 2014 "Job Well Done" recipients.

Darlene Sunderman has been employed at



NRC since August 1987. Her co-workers stated in her nomination

that she deserves this award because she always has a smile to share and is helpful with co-workers. From June 1 through July 10th, she picked up 72 hours of overtime to help the department while they were short-staffed. This action is the unselfish definition of a team player!

Thank you, Darlene, for all you do!

Rick Kluender has been employed at NRC since November 1986. His co-workers stated in his nomination that he deserves this award because

he is always available on his off-duty time for emergencies and



is willing to come in for any repairs or services. He is willing to help tackle projects that are not in his field and is always willing to help co-workers with a project.

Thank you, Rick, for all you do!

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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

Please Welcome New Employees



Lynn Beal
Mental Health
Security Specialist II



Robert Ternus
Facility Maintenance
Specialist



Dean Henderson
Mental Health
Security Specialist II



Rose Kavulak
Mental Health
Security Specialist II

Employee Leaving NRC

October 16, 2014
Timothy Mastny, MHSS II

*The person who said
that work well done
never needs doing
over has never raked
leaves.*



What's Cooking at NRC

SKINNY CHEESESTEAK STUFFED PEPPERS

8 oz. flank steak, thinly sliced into bite-size strips

8 slices reduced-fat provolone cheese

2 lg. green bell peppers

1 T. fresh garlic, minced

1/2 red pepper, diced

1 tsp. Worcestershire sauce

1 med. onion, diced

1/4 tsp. black pepper, divided

4 oz. mushrooms, sliced

1/4 tsp. kosher salt, divided

2 T. extra virgin olive oil



Preheat oven to 400°F. Lightly coat an 8x8" baking dish with cooking spray, set aside. Start boiling a pot of water. Slice peppers in half lengthwise, remove ribs and seeds. Place halves two at a time in boiling water for 3-5 minutes. The skin will lose a little brightness; carefully remove from the water and place open side down on a paper towel to drain excess water. In a large skillet on medium, heat olive oil. When hot, add minced garlic, mushrooms, onions, red bell pepper, salt and pepper. Sauté until onion, peppers and mushrooms are tender (about 4 minutes). Add thinly sliced steak and Worcestershire sauce to the skillet and cook until meat is at desired temperature. Place green bell peppers open side up in the baking dish. Line the inside of each pepper with a slice of provolone cheese. Fill each pepper with meat mixture until they are nearly overflowing. Top with an additional slice of cheese. Bake at 400°F for 10 minutes until the cheese on top is golden brown. Serve hot!

(Submitted by Stephanie Bright, and she challenges Austin Rohrich to submit a recipe for the next issue of *The Source*.)

Vote General Election Nov. 4th



Length-of-Service Awards Presented

Submitted by TyLynne Bauer, Facility Operating Officer

Forty-three NRC employees were recognized with length-of-service awards presented at the Norfolk Veterans Home on October 7, 2014. We thank all of them for their many years of loyalty and contribution to state government, with a combined **985 years** of service!

Congratulations to all!

Photos: Linda Sparr



Pat Brand — 35 years



Kathy Herian — 35 years



Dawn Collins — 30 years



Polly Timperley — 30 years



Daniel Sturgis — 30 years



Lisa Weible — 30 years



Jean Laing — 30 years



Rose Prather — 25 years



Donna Young — 25 years

(Continued on page 5)

Length-of-Service Awards Presented

(Continued from page 4)



Jyl Hochstein — 25 years



Mike Jones — 20 years



Becky Inness — 20 years



Donna Crist — 15 years



Donna Wagner — 15 years



Loren Ransen — 15 years



Ben Kohlhof — 15 years



Daryl Stephenson — 15 years



Stacey Sommerfeld — 10 years

(Continued on page 6)

Length-of-Service Awards Presented (All NRC Honorees)

(Continued from page 5)

45 YEARS

Donna Baumann

35 YEARS

Marilyn Fuller

Pat Brand

Kathy Herian

Sandy Bohlken

25 YEARS

Ann Richter

Rose Prather

Donna Young

Kristi Kortje

Diane Hassler

Jyl Hochstein

Tony Uttecht

Steve Lindstadt

15 YEARS

Donna Crist

Janice Oswald

Carol Ruge

Donna Wagner

Jolene Johnson

Loren Ransen

Fred Kleeb

Ben Kohlhof

Daryl Stephenson

Marilyn Stromberg

30 YEARS

Dawn Collins

Polly Timperley

Leann Weich

Sandy Bogue

Ginger Jensen

Dan Sturgis

Lisa Weible

Patti Leise

20 YEARS

Mike Jones

Barbara

Buettgenbach

Lori Nuttelmann

Jeanne Jensen

Becky Inness

Larry Sohler

10 YEARS

Mike Mejstrik

Stacey Sommerfeld

Mary Nemec

Sheila Lewis

Kristine Hunt

Ron Vick, Jr.

Patient Library Receives NELS Grant

Submitted by Lisa Weible, Activity Assistant, Personal Development-East

The Northeast Library Systems (NELS), located in Columbus, Nebraska, has awarded NRC's Patient Library a \$750 grant. NELS is one of six non-profit corporations established by the Nebraska Library Commission to provide access to improved library services through the cooperation of all types of libraries and media centers within northeast Nebraska. The service area includes: Boyd, Holt, Wheeler,

Antelope, Knox, Madison, Boone, Merrick, Nance, Platte, Butler, Polk, Colfax, Wayne, Cedar, Dakota, Thurston, Dixon, Pierce and Stanton counties.

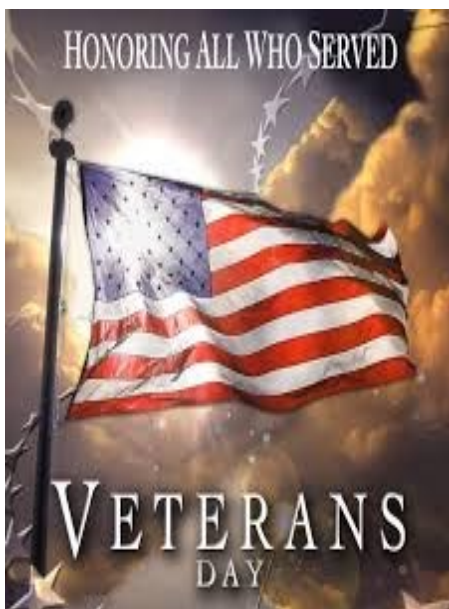
NRC's application for the grant included a list of items the money would be used to purchase, and once granted, receipts for the items purchased with the grant money will be sent to NELS to verify the

funds are used appropriately.

Plans are to use the \$750 to spruce up the Patient Library with new signage, cushions, etc., as well as to add to our collections and Wii gaming systems.



Veterans Day, November 11



World War I, known at the time as "The Great War," officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars." In Novem-

ber 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words. "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations ...".

You Cannot Borrow a Hug

By Joe Tye, Values Coaching, Inc.

When you want to express affection, condolence, congratulation, or empathy, you *give* someone a hug. When you need affection, condolence, congratulation, or empathy, you *ask for* a hug. You cannot lend a hug. You cannot borrow a hug.

It's a great metaphor for your attitude about the work you do, where you do that work, and who you do that work with. Do you come to work every day with the perspective that you will be giving your work, your coworkers, and the people you serve a hug—at least in the metaphorical sense?

Or do you come in with arms crossed in front of you and a

scowl on your face, sending a loud and clear message to everyone that you are just there for the paycheck and that nobody had better dare try to give you a hug?

People who come to work with a hug mindset are thinking like owners, like partners in the enterprise. People who come to work with an arms-crossed mindset are thinking like renters, like hired hands for whom the job description is a topside limitation on what they are willing to contribute.

There's one other way that a hug is a great metaphor. It

takes two people. In a technical sense, you can hug yourself or you can hug another person who keeps his or her arms crossed in front of them, but both experiences are remarkably unrewarding. Hugs must be shared to be appreciated.

What sort of a place is it where you work? Hugs or arms crossed? Are you happy with your answer to that question? If not, what will you do about it?

Give someone a hug who needs one. Ask for a hug if you need one.



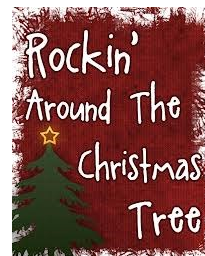
Terrific Trivia

Questions:

1. What do the two Ms in the name M&Ms stand for?
2. How old was Brenda Lee when she recorded "Rockin' Around the Christmas Tree"?
3. What was Kool-Aid originally called?



Answers:



1. Mars and Murrie, the last names of the candy's founders
2. Thirteen
3. Fruit Smack

Halloween Treats — Monster Cups and Mummy Dogs

Submitted by TyLynne Bauer, Facility Operating Officer



TRICK OR TREAT MONSTER CUPS

30 milk chocolate kisses, unwrapped	1 $\frac{1}{4}$ tsp. baking soda
$\frac{3}{4}$ c. butter or margarine	1 tsp. salt
1 $\frac{2}{3}$ c. sugar	$\frac{1}{4}$ tsp. baking powder
3 eggs	1 $\frac{1}{3}$ c. water
1 tsp. vanilla extract	2 c. flour
16 oz. container white frosting	$\frac{2}{3}$ c. cocoa
red and yellow food coloring	assorted candies

Heat oven to 350°F. Line muffin cups (2 $\frac{1}{2}$ inches in diameter) with paper baking cups. Combine butter, sugar, eggs and vanilla in large bowl. Beat on high speed of mixer for 3 minutes. Stir together flour, cocoa, baking soda, salt and baking powder; add alternately with water to butter mixture, beating just until blended. Fill prepared muffin cups about half-full with batter. Place chocolate piece in center of each. Bake 20 minutes or until top springs back when touched lightly in center. Remove from cups to wire rack. Cool completely. Tint frosting with red and yellow food coloring to make orange. Frost cupcakes with orange frosting. Cut up candies to make "monster" faces.

MUMMY DOGS

8 oz. can refrigerated crescent rolls 10 skinless hot dogs
2 slices cheese

Preheat oven to 375°F. Unroll crescent roll dough and press to seal the perforations; cut vertically into 20 strips. Cut cheese into 10 strips. Wrap each hot dog with 1 strip of cheese and 2 pieces of dough, leaving about a half-inch open toward one end to make a face. Place on an ungreased baking sheet and bake for 15-17 minutes or until golden brown. Draw eyes using ketchup or mustard before serving.



DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF
NEBRASKA

Norfolk Regional Center
1700 N. Victory Road,
Bldg. 16
PO Box 1209
Norfolk NE 68702-1209
Email:
marg.hipp@nebraska.gov
402.370.3315



The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Marilyn Stromberg - 370.3142

I'd Pick More Daisies

If I had my life to live over again, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously. I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You

see, I am one of those people who lives prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments, and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat, aspirin, and a parachute. If I

had it to do over again, I would go places, do things and travel lighter than I have. If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hooky more. I wouldn't make such good grades, except by accident. I would ride on more merry-go-rounds. I'd pick more daisies.



- Author unknown